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Do you know someone who is caring for an older adult?

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Who is giving care?

A caregiver may be a 76-year-old woman caring for her husband who has suffered a stroke...or a 52-year-old woman who is caring for her 80-year-old mother who has Alzheimer's disease...or a 27-year-old man who regularly volunteers to help the frail couple next door. If you are a caregiver, you are not alone. Many people in Illinois are facing the same challenges, questions and decisions about caring for a senior.

You are *not* alone

- ✔ There are 25 million caregivers in the United States.
- ✔ One out of four households nationwide is involved in caregiving for someone age 50 or older.
- ✔ Family member and friends provide 85% of all home care.
- ✔ An estimated 20-40% of caregivers are raising children while simultaneously caring for older adults.
- ✔ Caregiving cuts across age, income, education, gender, class and ethnicity.

Facts from Family Caregiver Alliance
www.caregiver.org/factsheets/caregiver_statsC.html

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What services are available for caregivers?

Caring for someone is rewarding, but it is also a difficult and stressful job. Caregiving can impact the physical and emotional health of caregivers, who often neglect their own needs while caring for others. The Caregiver Support Program can help you locate these and other services:

- Caregiver Resource Center
- Respite care (services that give caregivers a rest)
- Home modification
- Assistive devices (wheelchairs, walkers, etc.)
- Home delivered meals
- Assistance with housework
- Training, counseling and emotional support
- Adult day services
- Caregiver support groups
- Transportation
- Legal and financial services
- Assistance paying for prescription drugs

"I don't know what I would do without the adult day service center. My mother enjoys her day there in a safe environment, and I get a break."

The Illinois Department on Aging and the state's 13 Area Agencies on Aging have designated Caregiver Resource Centers throughout Illinois. They are your local link to caregiving services in your community. To locate the Caregiver Resource Center nearest you, please refer to the contact information on the back of this brochure.

Each caregiving situation is different. Working with the Caregiver Support Program, caregivers can select the services that best fit their short or long-term needs. It's not only OK to ask for help - it's important.

It's Important to Ask for Help

Am I a caregiver?

- ✔ I provide regular emotional or physical assistance (such as helping with lifting, or helping someone move from a bed to a chair) to my spouse, parent, neighbor, adult child or friend.
- ✔ I help a senior pay bills.
- ✔ I shop or do errands for a senior.
- ✔ I drive a senior to the doctor or take him/her to a community center.
- ✔ I remind a senior when to take pills or provide help with personal care.
- ✔ I regularly prepare meals or clean house for a senior.

A caregiver can be anyone - a family member, friend, neighbor or senior. You are a caregiver when a senior relies on you to provide unpaid help with day-to-day activities. The senior may live in your own home, across town or in another state.

Family and friends who provide care may not always think of themselves as caregivers.

Caregiver Support Program

...helping family and friends care for seniors

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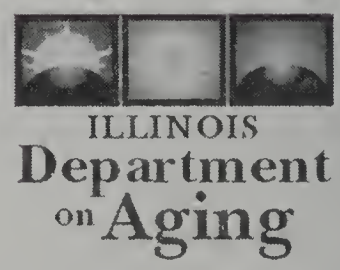

George H. Ryan, Governor
Margo E. Schreiber, Director

Senior HelpLine
1-800-252-8966
Voice and TTY

www.state.il.us/aging

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the Senior HelpLine at 1-800-252-8966 (Voice and TTY).

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